

Setting Up Your Workout

Utilizing the assessment sheet and warm-ups

- Fill out the assessment sheet.
- Add in the corrections for your dysfunctional movements from the corresponding PDFs PRIOR to your warm-up. You may need none, you may need some, and you may need them all.
- Alternate daily between the Ground Based Warm-up and Movement Warm-up.

What if I have “dysfunctional hip internal rotation”?

If you have dysfunctional (or limited) hip internal rotation, your workouts are slightly different workout program. This is key to prevent excess wear and hip impingement, which can lead to serious hip problems. I remove all deep squatting and exercises that will irritate this condition.

Choosing the correct workout phase

- If you are in your off-season then start with “Off-Season Phase 1.”
- If you are in season then start with “In-Season Phase 1.”
- Regardless of what phase you are in during the “off-season”, 8 weeks out of the start of your season start “Pre-Season Phase 1.”
- Regardless of what phase you are in during “in-season”, Once the season is over immediately switch to “Off-Season Phase 1.”

Reading and executing your program

- A's are always lumped together, B's lumped together etc.

- 1 and 2 mean superset (alternate each exercise back and fourth). 1,2,3 means tri set (alternate each exercise back to back to back).
- 1RM means 1 rep max.
- Always get almost full recovery/rest between sets.
- The goal is to perform each set in the rep range that is listed. Just short of failure. **You should NEVER miss a rep.**

Should I do extra workouts?

NO! The program is set up to have you performing at your peak. There are times where you will feel like you can do much more or less than is asked from you. Follow the program to a "T" and you will not plateau.

What if an exercise hurts?

Never train through pain. Discomfort from exercise is normal, but pain is a signal from our brain that something is not right. If you have pain, go to a trusted medical professional. If you do not have one that you can trust email me and I will help you find a local one. Joshua.heenan@gmail.com